MARMITE

IN

MEDICINE

AND

DIETETICS

Pædiatrics

Beri-Beri

Pellagra

Special Diets

- Arthritis
- Colitis
- Diabetes

Constipation

Pregnancy & Lactation

Oedema

Tropical Macrocytic Anæmia

Pernicious Anæmia of Pregnancy

Anæmia of Cœliac Disease

Anæmia of Sprue

Pernicious Anæmia

Dosage *(overleaf)*

MARMITE is an autolysed yeast extract; it is recognised as one of the richest sources of the essential vitamins B_1 and B_2. In addition to vitamins, it contains valuable food substances derived from yeast, and also a potent hæmopoietic factor which is highly effective in certain types of anæmia.

MARMITE and VITAMIN B

PÆDIATRICS

"Marmite for Vitamin B complex —a small quantity daily." (*Medical Research Council Report, "Vitamins: A Survey of Present Knowledge," 1932, p. 276*).

"A simple and pleasant way of supplying this vitamin to infants and children is in the form of Marmite, which can be added to the broth or gravy of the child's midday meal . . . . . it would appear necessary to have this vitamin abundantly present in the daily diet." ("*Diseases of Children*," *1934, p. 47.*)

BERI-BERI

"As in all disease, prevention is better than cure, and the provision of food containing vitamin B is a sure protection against beri-beri. A convenient method of supplying the deficiency . . . . is to give a ration of Marmite, which is manufactured from yeast." ("*Textbook of Medicine*," *1932, p. 318.*)

PELLAGRA

"Marmite in doses of three teaspoonfuls daily in sandwich or milk was found to be the most successful in producing marked and rapid disappearance of the pellagrous manifestations, especially the cutaneous. The interruption of Marmite administration was followed in two cases by recurrence of the skin rash, suggesting the potency of the treatment." (*Journ. Trop. Med. and Hyg., Nov. 15th, 1934, p. 87.*)

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mo. PAM

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SPECIAL DIETS

Arthritis

"Thus the diet in rheumatoid arthritis should comprise milk, butter, cheese . . . . and yeast extract in the form of Marmite." (*Brit. Med. Journ., May 6th, 1933, p. 774.*)

Colitis

"The patient, aged 50, had had chronic colitis for three years . . . . Later, Marmite and cod liver oil were given . . . . 'better than at any time in the past three years.'" (*Brit. Med. Journ., July 28th, 1934, p. 162.*)

Diabetes

"Marmite can be used to supply Vitamin B." (*"The Diabetic Life," 1934, p. 136.*)

"Marmite is rich in vitamins . . so a plentiful supply . . should be included in the diet." (*"Diabetes—Reasons and Recipes," 1933, p. 58.*)

CONSTIPATION

"We may add Vitamin B without residue by the use of . . . Marmite." (*Med. Press and Circ., Dec. 6th, 1933, p. 514.*)

PREGNANCY AND LACTATION

"In cases where a vitamin deficiency in the diet is suspected, or in cases in which it is desired to ensure an abundant supply of these factors, they may be provided by . . . . Marmite, etc." (*Med. Press and Circ., Nov. 22nd, 1933, p. 471.*)

ŒDEMA

"The frequent association of extreme œdema with the severe anæmia, and the fact that both respond so readily to treatment with Marmite, are undoubtedly important." (*Brit. Med. Journ., June 20th, 1931, p. 1059.*)

MARMITE in ANÆMIAS

TROPICAL MACROCYTIC ANÆMIA

"Although liver extract has proved to be efficient in the treatment of macrocytic anæmia, Marmite, on account of its cheapness, is the method of choice . . . .

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even when the blood-counts are as low as one million the response to Marmite in adequate doses is very rapid . . . . Under the treatment with Marmite . . . . the prognosis of this once-dread condition is good, and in this investigation we have one of the triumphs of modern medicine." (*Journ. Trop. Med. and Hyg., Nov. 1st, 1933, p. 340.*)

PERNICIOUS ANÆMIA OF PREGNANCY

"We have had excellent results with Marmite given in 2 teaspoonful doses twice a day either in cold water or in soup. Marmite is very cheap and is uniformly more popular with patients than is liver, being of vegetable origin. In a consecutive series of 50 cases I have no hesitation in stating that the clinical and pathological state of the patient greatly benefited as a result of Marmite treatment." (*Indian Medical Gazette, March, 1932, p. 144.*)

ANÆMIA OF CŒLIAC DISEASE

". . . . the response of the anæmia to Marmite was as dramatic as that obtained by the administration of liver extract in the treatment of Addisonian pernicious anæmia." (*Lancet, April 16th, 1932, p. 829.*)

"One teaspoonful of Marmite should be included in the diet daily." (*"Modern Methods of Feeding in Infancy and Childhood," 1934, p. 148, [Cœliac Disease.]*)

ANÆMIA OF SPRUE

". . . . I had for long used Marmite in the treatment of sprue, nearly always complicated by anæmia, and recorded two cases of severe sprue who gained a pound a day for 14 and 21 days respectively, accompanied by great general improvement, on Marmite treatment at the Hospital for Tropical Diseases . . . ." (*Lancet, April 23rd, 1932, p. 906.*)

PERNICIOUS ANÆMIA

"Marmite is efficacious in the treatment of the average case of pernicious anæmia . . . . Most patients find it palatable, and welcome it as a change from liver. . . . Moreover, Marmite would appear to be a useful alternative to liver in gouty, rheumatic, and high pressure subjects . . . . I have treated all my 'maintenance' cases with Marmite. Without exception, these have done well." (*Lancet, Oct. 8th, 1932, p. 781.*)

Pernicious Anæmia of Pregnancy

Anæmia of Cœliac Disease

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Dosage (*overleaf*)

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DOSAGE

Vitamin B Deficiency ...	½ to 2 ounces daily
Infancy	½ to 2 drachms daily
Oedema	3 drachms daily
Hæmorrhage of the New-born	1 drachm daily
Post-operative Anæmia ...	3 drachms daily
Tropical Macrocytic Anæmia	½ to 1 ounce daily
Pernicious Anæmia of Pregnancy	½ to 1 ounce daily
Anæmia of Cœliac Disease	3 drachms daily
Anæmia of Sprue	3 drachms daily
Pernicious Anæmia ...	1½ to 4 ounces daily

The above table is given as a rough indication of the quantities of Marmite generally used in different conditions. The appropriate dose for each case is best found by trial.

(It should be noted that a teaspoonful of Marmite is considerably more than 1 drachm.)

Marmite is obtainable from the leading Chemists, Stores and Grocers: Jars of 1-oz., 2-oz., 4-oz., 8-oz., 16-oz.

Quotations for Marmite specially packed for use in Hospitals, Clinics, Welfare Centres, etc., on application.

Manufactured in England by

THE MARMITE FOOD EXTRACT COMPANY LTD.
Walsingham House, Seething Lane, London, E.C.3.

Works: London and Burton-on-Trent

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